News & Notes

WHAT ARE UV RAYS?

Why are they hazardous? Ultraviolet light is a form of radiation that can penetrate and change skin cells. There are two types of UV rays to worry about: **UVA and UVB.**

UVA, the most abundant type, can penetrate beyond the top layer of skin and increase the risk of skin cancer and eye problems, such as cataracts and macular degeneration. UVB rays are less plentiful because more are absorbed by the ozone layer, and they penetrate less deeply into the skin. But they can still be damaging.

There's a third type of UV ray called **UVC.** It's the most hazardous, but the ozone layer absorbs it before it gets to Earth.

When do you need to protect against UV exposure? According to the Centers for Disease Control and Prevention, protection from UV rays is important all year-round, not just during the summer.

However, since most people spend more time outside in the sun during the summer, and since the sun's rays are stronger at this time of year, the risks increase. Generally the greatest danger is between 10 a.m. and 4 p.m. on clear days.

But harmful UV rays can be a threat on cloudy and hazy days, too. And the risk also increases any time you are somewhere like the beach or pool, where UV rays reflect off water, sand, and concrete. For most people, the risk of overexposure occurs off the job.

But if your job duties involve outdoor work, you need to take precautions even during work hours.

"Maybe complimentary refills wasn't such a good idea."

Riddles of the Month

1) What can touch someone once and last them a lifetime?
2) An open ended barrel, it is shaped like a hive. It is filled with flesh, and the flesh is alive. What is it?
3) What kind of pet always stays on the floor?
4) What has a neck and no head, two arms but no hands?

Answers on Page 2 Safety Bits & Pieces

Safety Matters

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Taming the Heat Wave

How to stay cool

Heat stress is an ever-present danger, not only for outdoor workers, but also for those working indoors in hot environments. Sweating is one way the body uses to maintain a stable temperature in the face of heat, but sweating is only effective if the humidity level is low enough to permit evaporation, and if the fluids and salts that are lost are adequately replaced.

If the body cannot dispose of excess heat, it will begin to store it. When this happens, the body's core temperature rises and the heart rate increases. An overheated person will begin to lose concentration, become irritable, and may even lose the desire to drink. The next step is fainting and then possibly death if the individual is not cooled down.

Take precautions to prevent becoming a victim of heat stress:

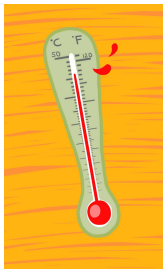
- **Gradually adjust to a hot climate** by working shorter hours at first and then increasing the time exposure and workload slowly over a period of days.
- **Take plenty of rest breaks** in a cool area.
- **Drink a lot of fluids,** including water and sports beverages. Avoid caffeinated or alcoholic drinks.
- **Occasionally douse yourself with water.**
- **Wear lightweight, loose fitting clothing,** including a brimmed hat and sunglasses.
- **Apply all-day sunscreen** to avoid sunburn.

Are You Overheated?

Know the symptoms—and the cures

Enjoy the warm summer temperatures, but be careful when it gets too hot. Use this chart to recognize if you're getting overheated whether at work or play, and take steps to cool down.

Condition	Symptom(s)	Cure(s)
Heat Cramps	Pain	Drink water.
Heat Exhaustion	Weakness	Move to a cool place.
	Dizziness	Loosen clothes; apply cool
	Sweating	compresses.
	Moist, pale, flushed skin	Drink water slowly.
		Elevate feet 8-12 inches.
Heat Stroke	Lack of sweating	Treat as a medical
	High body temperature	emergency.
	Dry, hot skin	Call for doctor immediately.
	Chills	Move to cool area
	Strong rapid pulse	immediately.
	Confusion	Use cool water to soak
		person's clothes and body.
		Fan the body.
		Don't give fluids if victim is
		unconscious.



Safety Bits & Pieces

THREE LEVELS OF PROTECTION

One of the best ways to protect your safety on the job is to be aware of all the protections available to you so that you can take full advantage of them to fend off workplace hazards. Along with your common sense and alertness, there are three levels of protection.

The first is engineering controls. These are things that are built in to our facility, equipment, and processes—for example: ventilation, machine guards, emergency stop controls, ergonomically designed workstations, and vapor barriers.

The second level is administrative controls. These are procedures worked out by safety experts and involve steps like rotating workers and limiting the amount of time a worker can perform a particular job to minimize exposure to hazards. Administrative controls also include safe work practices and work rules designed to prevent accidents and injuries.

The third level of protection is personal protective equipment (PPE). When neither engineering controls nor administrative controls—nor a combination of the two—is sufficient to reduce hazards to safe levels, then PPE serves as a personal barrier against hazards we can't completely control by other means alone.

In any work situation, make sure you always know what the hazards are and what protections are available and required.

RIDDLES OF THE MONTH ANSWERS

1) Love
2) Thimble
3) Carpet
4) Shirt

ON THE LIGHTER SIDE

"Sit up straight when I'm talking to you and stop vibrating."

SAFETY TIPS OF THE MONTH

Practice these safety tips at your July 4th celebrations and throughout the summer:

1) Leave fireworks to the professionals.
2) Keep your young children safe by making sure they are supervised during outside activities.
3) If you are going to consume alcohol, do so responsibly. Know your limits and don't overindulge.
4) Apply sunscreen 30 minutes before participating in outdoor activities. Reapply as often as is recommended.
5) Drink plenty of fluids to stay hydrated.

Fire Extinguishers

What you need to know

Sprinkler systems and fire-retardant materials are used throughout the facility to prevent fires from spreading and to minimize their destructive potential. Even so, it's important to know how to use a fire extinguisher.

- ➔ Use extinguishers labeled with an "A" for fires involving paper, cardboard, wood, trash, rags, or cloth.
- ➔ Use extinguishers labeled with a "B" for fires that involve grease, gasses, or flammable liquids, such as gasoline, oil, solvents, and paint.
- ➔ Use extinguishers labeled with a "C" for fires involving electrical equipment and wiring. *Never use water or a water-based extinguisher, such as a Class A extinguisher, on an electrical fire.*
- ➔ Use extinguishers labeled with a "D" for combustible metal fires, such as those involving aluminum, sodium, magnesium, or zinc.
- ➔ Use multipurpose "ABC" extinguishers for Class A, B, or C fires.

To use an extinguisher effectively, hold it upright and stand 6 to 8 feet from the fire. Then use the PASS technique:

Pull the pin on the extinguisher. Some extinguishers require you to press a lever.
Aim at the base of the fire.
Squeeze the handle to release the extinguishing agent.
Sweep back and forth until the fire goes out.

QUOTATION OF THE MONTH

"Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious time is, whether it's at work or with your family."
Earl Nightingale, personal advisor

From the State of Delaware's Office of Highway Safety...

Motorcycle Safety

The National Highway Traffic Safety Administration (NHTSA) estimates that 1,630 lives were saved in 2014 because of proper helmet usage, but another 715 lives could have been saved if helmets had been worn.

Wearing a helmet is an important way for a motorcyclist to stay safe, but we all play a part. It's up to all motorists and motorcyclists to make our roads safer. It's especially important for motorists to understand motorcycle safety challenges such as size and visibility, and riding practices like downshifting and weaving to be able to anticipate and respond to motorcyclist behavior.

General tips to drivers on how to prevent a fatal crash with a motorcycle:

- Though a motorcycle is a small vehicle, its operator still has all the rights of the road as any other motorist. Allow the motorcycle the full width of a lane at all times.
- Always signal when changing lanes or merging with traffic.
- If you see a motorcycle with a signal on, be careful: motorcycle signals are often non-canceling and could have been forgotten. Always ensure that the motorcycle is turning before proceeding.
- Check all mirrors and blind spots for motorcycles before changing lanes or merging with traffic, especially at intersections.
- Always allow more follow distance – three to four seconds – when behind a motorcycle. This gives them more time to maneuver or stop in an emergency.
- Never drive distracted or impaired.

Motorcyclists must also take precautions to remain safe on the road. Motorcyclists can increase their safety by following these steps:

- Wear a DOT-compliant helmet and other protective gear.
- Obey all traffic laws and be properly licensed.
- Use hand and turn signals at every lane change or turn.
- Wear brightly colored clothes and reflective tape to increase visibility.
- Ride in the middle of the lane where you will be more visible to drivers.
- Never ride distracted or impaired.